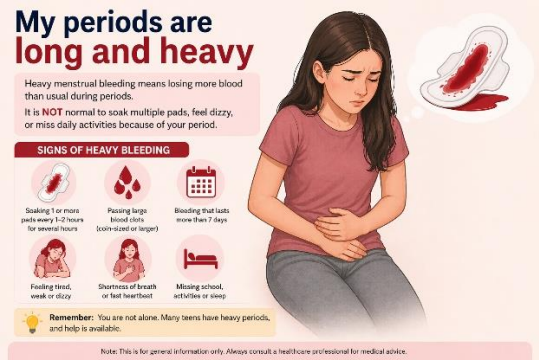
KAHF

Kentucky Adolescent Health Forum

A PEDIATRICIAN ALLIANCE OF THE KENTUCKY AAP

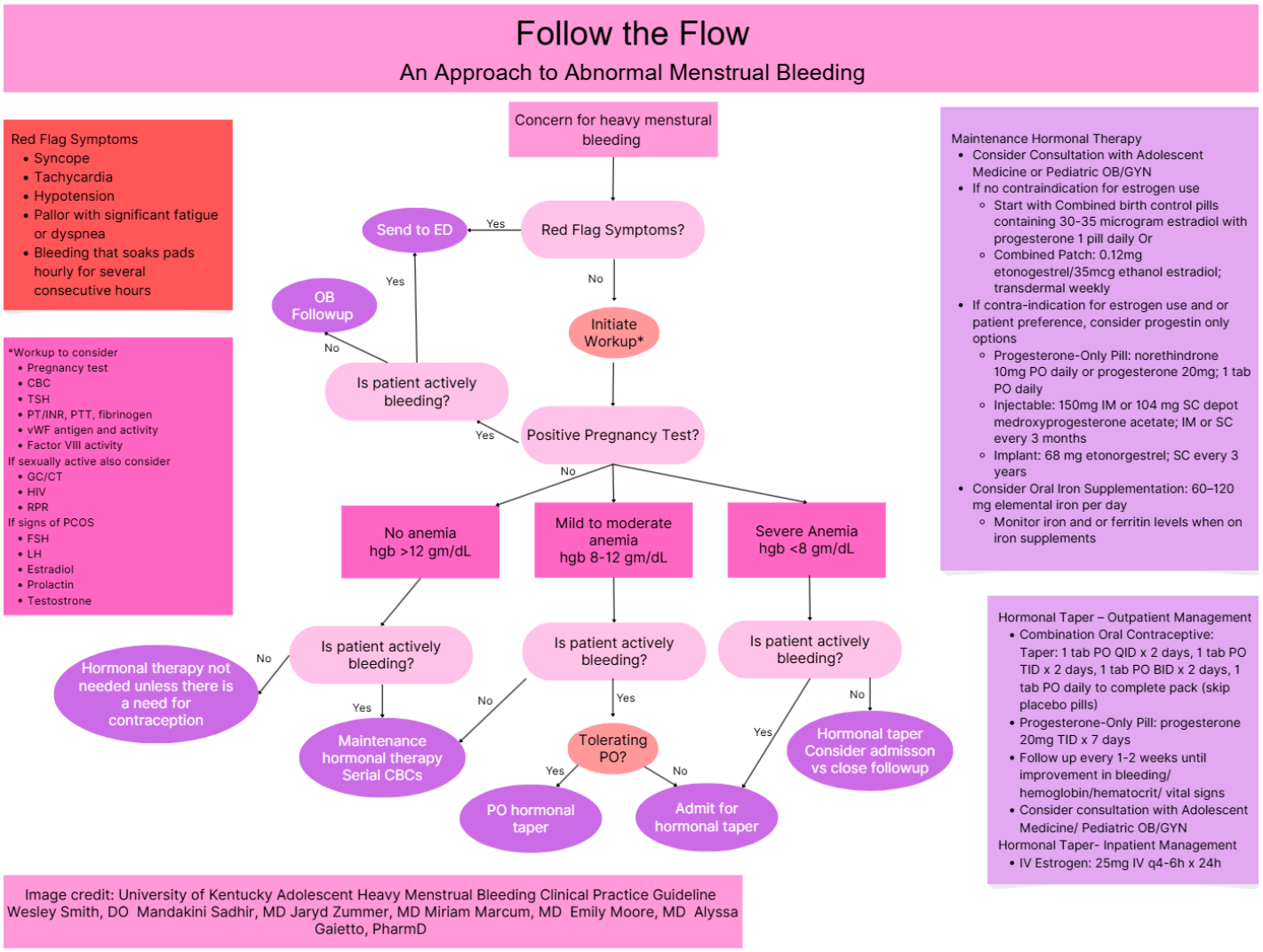
Summer Newsletter

Help! My periods are long!!



AI Gemini generated images

[When Vaginal Bleeding is an Emergency: The Must Not Miss Diagnoses]



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Resources

Screening and Management of Bleeding Disorders in Adolescents With Heavy Menstrual Bleeding

Women and bleeding disorders

Menstruation tracking

Advocacy

Adolescents today are navigating a number of stressors including social media pressure, climate anxiety, and political unrest, all of which can create a negative impact on teen health and well- being. If you have a passion about making a difference, consider joining one of the KY AAP task forces (https://www.kyaap.org/chapter-focus/task-force-activities/). Together we can help shape policies, create resources, and support programs that protect and promote health and wellbeing of tweens, teens and young adults across Kentucky.

Quiz time:

A 13-year-old patient is following up for vaginal bleeding. Reports that she is doing much better on OCPs. Mother reports that she has feeling down and spending more time in her room and not engaging with other friends and family members. She has no significant past medical history. You administer PHQ A and noticed her total score was 12 and she answered yes to questions 9- Thoughts that you would be better off dead, or of hurting yourself in some way? - More than half the days. What is the next step to evaluate this patient?

A. Go to ER
B. Reassure it is normal adolescent behavior
C. Administer ASQ and brief suicide safety assessment
D. Start SSRI

Think you nailed the quiz question? Find out in the next edition of our newsletter where we reveal the answer and dive deeper into key topics like Teen Suicide in adolescents, Don't miss it!!!!!!!